

Preparing for the Hospital

Before You Go to the Hospital

- Car seat installed
- Gas in the car
- Know who is driving you
- Pediatrician chosen
- Support person packed too



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Must-Have Items (Do Not Skip)

- Photo ID
- Insurance / Medicaid card
- Phone
- Phone charger (long cord is best)
- Car seat (installed in car before labor)

For Mom (Keep It Simple)

- Comfortable outfit to go home in
- Nursing bra (if breastfeeding)
- Loose pajamas or comfy clothes
- Slip-on shoes or sandals
- Hair tie or clip
- Basic toiletries (toothbrush, deodorant)

The hospital provides:

- Pads
- Mesh underwear
- Ice packs
- Peri bottle
- Basic baby supplies

For Baby

- One simple going-home outfit
- Baby blanket for car ride (optional)
- Mittens if you want (optional)

Hospital provides:

- Diapers
- Wipes
- Swaddle blankets

Optional Comfort Items

- Lip balm
- Small blanket from home
- Pillow (identifiable case)
- Snacks for support person

more resources:

www.lubbockfamily.org/nest

After Baby is Born

The First 24–48 Hours

- Baby will eat every 2–3 hours
- Nurses will wake you up to feed
- You will be tired
- Your body will feel sore



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Days 3–5 (The Hormone Crash)

This surprises many moms. You might:

- Cry easily
- Feel overwhelmed
- Feel anxious
- Feel emotional for no clear reason
- This is common. It's called the "baby blues."
- It usually improves within 1–2 weeks.
- If it gets worse or does not improve, tell your doctor.

Your Body After Birth

- Normal:
 - Bleeding (like a heavy period at first)
 - Cramping
 - Soreness
 - Swelling
 - Exhaustion
- Call your doctor if:
 - You soak a pad in 1 hour
 - You have fever
 - You have severe pain
 - You feel faint

more resources:
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Baby Feeding Plan

The first 2 weeks are the hardest.

You will be tired, question yourself, possibly cry and wonder if you're doing it right.



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First: Your Options

- Breastfeed
- Pump breastmilk
- Use formula
- Do a combination

What Feeding Looks Like the First Week

- Baby eats every 2–3 hours
- That means 8–12 times in 24 hours
- Yes, even at night
- Newborn stomachs are tiny.
- Frequent feeding is normal.

more resources:
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Baby Feeding Plan

If You Plan to Breastfeed

- Baby may want to nurse often (this is normal)
- Milk usually comes in around day 3–5
- Colostrum (early milk) is enough at first
- Latch might take practice
- You can ask for:
 - A lactation consultant at the hospital
 - Help from nurses
 - Breastfeeding should not feel like torture. If it hurts badly or baby isn't feeding well, ask for help.

If You Plan to Pump

- A pump (Medicaid often covers one)
- Bottles
- Time and consistency
- Plan to pump every 2–3 hours in the beginning

If You Plan to Use Formula

You will need:

- Bottles
- Formula
- Clean water
- WIC support (if eligible)
- Baby will still eat every 2–3 hours.



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Signs Baby Is Getting Enough

- Wet diapers (at least 6 per day after first week)
- Baby seems satisfied after feeding
- Steady weight gain at checkups
- Baby wakes to eat

more resources:

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